

I. LISTENING

Listen to Jane talking to her teacher about a class presentation. Write T (true) or F (false).

- Jane will have a presentation on sports and exercise next week.
- Working out helps us get in shape by burning calories and building muscles.
- Sports and exercise are not beneficial to our mental health.
- Building relationships with others has no connection to exercising.
- Students can enjoy the benefits of exercising by joining a fitness club.

II. PRONUNCIATION

Choose the word that has the underlined part pronounced differently from the others.

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|--------------|------------|---------------|------------|
| 6.A. giant | B. age | C. gym | D. leg |
| 7.A. cancer | B. calorie | C. confidence | D. ocean |
| 8.A. package | B. harbour | C. travel | D. barrier |

Choose the word that has a stress pattern different from the others.

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|--------------|-------------|--------------|------------|
| 9.A. mystery | B. internet | C. equipment | D. injury |
| 10.A. follow | B. prevent | C. reduce | D. improve |

III. USE OF ENGLISH

Choose the best option (A, B, C or D).

- A healthy diet provides all the essential _____ you need like carbohydrates, vitamins, minerals, healthy fats, and proteins.
A. elements B. hormones C. nutrients D. organs
- Drinking water during and after a meal aids in the breakdown and processing of food in your _____ system.
A. digestive B. immune C. nervous D. muscular
- It's necessary to have regular medical _____ to make sure your health is in good condition.
A. checking B. check-ups C. tests D. assessment
- My cousin _____ able to swim at the age of 6 and is now a professional swimmer.
A. were B. is C. was D. are
- You have to _____ the TV now. You should go to bed early.
A. turn off B. turn on C. turn into D. turn back
- At the end of the day, my mother always cleans the fridge and throws the leftovers _____.
A. through B. to C. away D. at
- Getting sufficient sleep is one of the good ways to _____ heart disease, obesity, and depression.
A. prevent B. stop C. infect D. produce
- Timmy often dozes off in class partly because he stays _____ late at night.
A. off B. in C. down D. up
- Katie: "You should exercise for at least 30 minutes a day."
Anna: "_____"
Katie: "You will get in shape and be stronger."
A. Do you have other tips? B. How can it help?
C. Do you have any advice for me? D. How can I get fit?
- Tim: "Hi, Sue! How was your summer?" - Sue: "_____ I went to see the Eiffel Tower in France."
A. How exciting! B. Great! C. By plane. D. What fun!

IV. READING

Read the text about the benefits of sports and exercise to teenagers. Choose the best option (A, B, C or D).

Teenagers can gain a lot from participating (21) _____ sports and exercise. As their bodies and minds are still developing, (22) _____ active is crucial. Engaging in sports not only helps them become stronger but also allows them to socialise and make friends.

A significant advantage of sports and exercise for teenagers is improved (23) _____. Just thirty minutes of daily exercise can lead to noticeable improvements in their health. (24) _____ some may believe teenagers tend to overeat and gain weight, regular exercise can help manage this. Moreover, instead of feeling tired, exercise actually boosts their energy levels.

Another benefit of doing sports is the opportunity for (25) _____ interaction. Joining a sports team enables them to meet new people and build lasting friendships. Many enduring friendships start this way, through shared experiences on the field or at the gym.

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|-----------------|------------|-------------|------------|
| 21.A. of | B. in | C. from | D. by |
| 22.A. doing | B. taking | C. staying | D. making |
| 23.A. fit | B. fitness | C. unfit | D. fitting |
| 24.A. As | B. Since | C. When | D. While |
| 25.A. stressful | B. healthy | C. balanced | D. social |

Read Thanh's blog post about his holiday in Sapa. Choose the best option (A, B, C or D).

Thanh's Blog

Last Tet holiday, my family and I had a great time in Sapa, a mountain town in Lao Cai, in the northwestern region of Việt Nam. We arrived in Sapa early the next morning after taking a night train from Hà Nội.

Sapa is famous for its natural beauty, with rice terraces, mountains, and the diverse customs and traditions of various ethnic groups. This makes it an ideal place for hiking, trekking, and sightseeing.

There are many wonderful places to visit in Sapa. We went to Hàm Rồng Mountain and enjoyed the amazing views of Sapa and the surrounding area. Sapa Stone Church was another impressive and peaceful attraction. Mount Fansipan, Vietnam's highest peak and often referred to as the "Roof of Indochina," is also a must-see. We made it to the top and took some stunning photos. The most exciting part of the trip was visiting some ethnic villages like Cát Cát Village and Ta Van Village, where we learned about their culture and way of life by talking to the local people.

On this trip, we also had the opportunity to attend the Gầu Tào Festival, an annual event held on the third day of the Lunar New Year. It is a festival in which people of various ethnic groups honour their ancestors and pray for good luck. We saw people dressed in traditional clothing, singing, dancing, enjoying traditional foods like rice cakes, grilled meat, or steamed fish and taking part in buffalo fighting and horse racing.

This trip brought us beautiful memories of the Sapa people and landscapes. We returned with a fantastic photo album that reminded us of a wonderful holiday.

26. How long did it take Thanh's family to travel by train from Hà Nội to Sapa?
A. one night B. one day C. one morning D. one afternoon
27. What feature of Sapa is NOT mentioned in the text?
A. its natural beauty B. its diverse customs C. its various traditions D. its popular trekking trails
28. According to the text, which place has a distinctive feature both in Việt Nam and neighbouring countries?
A. Hàm Rồng Mountain B. Sapa Stone Church C. Mount Fansipan D. Cát Cát Village
29. Which word has the CLOSEST meaning to the word stunning in paragraph 3?
A. ordinary B. relaxed C. exciting D. breathtaking
30. What does the word It in paragraph 3 refer to?
A. The Sapa trip B. Gầu Tào Festival C. The Lunar New Year D. Sapa Stone Church

V. WRITING

Rearrange the given words to make complete sentences.

31. Anna / weight. / takes / jogging / lose / up / some / to

→ _____

32. You / should / to / more / body. / strengthen / your / exercise

→ _____

33. Thomas / to / swim / was / only / five / old. / able / when / years / he

→ _____

Make questions for the underlined words.

34. I get at least 8 hours of sleep each night.

→ _____

35. Playing team sports helps teenagers with building relationships.

→ _____

36. All people should drink enough water every day to stay hydrated.

→ _____

Combine the sentences using the words in brackets.

37. She takes up working out. She will have a good appearance.

→ If _____

38. I'm gaining weight. I must cut down on sweet food. (SO)

→ _____

39. You want to avoid sports injuries. You have to warm up carefully.

→ Unless _____

40. Phu Quoc is very charming. We can go there for relaxation. (ENOUGH)

→ _____

-----THE END-----